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L. Ron Hubbart’s Engram

L. Ron Hubbard, the founder of Scientology, introduced the concept of the "engram" in his work "Dianetics: The Modern Science of Mental Health" published in 1950. Here's a comprehensive overview:

Definition of Engram

- **Engram**: In Dianetics and Scientology, an engram is defined as a detailed mental image or memory of a traumatic event from the past that occurred when an individual was partially or fully unconscious. It is considered a lasting mark or

trace left in the psyche by any experience that has been psychically experienced.

Origin and Development

- **Historical Context**: The term "engram" was originally coined in 1904 by German scholar Richard Semon, who defined it as a "stimulus impression" that could be reactivated by similar conditions. Hubbard adopted and expanded this concept in his work.

- **Reactive Mind**: According to Hubbard, engrams are stored in the "reactive mind," a part of the mind that records painful incidents when the "analytic mind" is unconscious. These engrams are

believed to influence behavior and emotions negatively.

Impact on the Mind

- **Analytic vs. Reactive Mind**: Hubbard's theory posits that the human mind operates in two modes: the analytic mind, which is rational and conscious, and the reactive mind, which stores engrams and operates on a subconscious level.

- **Emotional and Physical Pain**: Engrams are described as recordings that include both physical and emotional pain. They are stored in chains or series of similar incidents.

Auditing and Clearing Engrams

- **Auditing**: To address and eliminate engrams, Hubbard developed a process called "auditing." This involves a one-on-one counseling session where an auditor helps the individual recall and confront engrams.

- **E-Meter**: During auditing, an instrument called an E-meter is used to measure the strength of a small electrical current that passes through the body. Changes in the current are believed to indicate the presence of engrams.

- **Goal of Auditing**: The ultimate goal of auditing is to become "Clear," a state in which the individual is free from the influence of engrams and operates solely with the analytic mind.

Criticism and Controversy

- **Pseudoscience**: The concept of engrams and the practices of Dianetics and Scientology have been widely criticized by the scientific and medical communities as pseudoscientific.

- **Legal and Ethical Issues**: The practices of Dianetics and Scientology have faced legal challenges and controversies, including accusations of practicing medicine without a license.

Conclusion

L. Ron Hubbard's concept of the engram represents a significant aspect of Dianetics and Scientology. While it has been influential within these movements, it remains controversial and widely disputed in the broader scientific and medical communities.